

# SANDLER PLAYS IT RESTRICTED

COMEDIAN STARS IN HIS FIRST R-RATED FLICK, THAT'S MY BOY PAGE 10



Tuesday, June 12, 2012



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## KINGS CROWNED

Los Angeles Kings captain Dustin Brown hoists the Stanley Cup after the Kings beat the New Jersey Devils, 6-1, on Monday. For more on the championship win, see page 23. MARK J. TERRILL/THE ASSOCIATED PRESS

# More cowbell? Bombers VP clarifies ban

**Can you bring it?**  
Store-bought cowbell  
Bomber approved, but  
real cowbell not  
Bomber approved



**ELISHA DACEY**  
[elisha.dacey@metronews.ca](mailto:elisha.dacey@metronews.ca)

After a wail of protest from fans, cowbells will again be permitted at Winnipeg Blue Bombers home games.

"After listening to our fans, we would like to inform everyone that over-the-counter purchased cowbells will be permitted at home games this season, but homemade noisemakers such as empty paint cans with rocks inside or any other device that may be deemed unsafe by our security staff will not be permitted," said Bombers VP Jim Bell in a prepared statement.

Despite the sudden change

in policy from the Bombers, Bell insists the team is not backpedaling and said he only received one email complaining about the new policy.

"You can call it backpedaling if you like. We choose to call it proactive on behalf of the club. We got together this morning and decided what is best in terms of safety for the most loyal fans in Canada."

Bell said any noisemaker that appears to be made at home will not be allowed.

Bell also responded to accusations that fan complaints are on the rise and that is why they have had to create more policies.

"I would say the complaints are less, but you don't sit on it. We try to get better off the field with all of our policies."

Bombers spokesperson Darren Cameron originally told media the club received numerous complaints about things like cowbells, drums and other noisemakers and the club had moved to ban the noisemakers.

Elliott High, 36, said he was bewildered. "I don't see the point of (banning noisemakers) in the first place, but I understand issues could happen. If there's a guy in the upper deck and he drops something onto the crowd in the lower deck, I guess I can see it."

High, a season-ticket holder, said he's never been annoyed by a cowbell at a game. "I think the noise and yells from the crowd far, far outweigh the noise from a cowbell."

The reaction online, however, was swift and negative.

"Pretty choked about the 'no cowbells' rule considering the Bombers were selling the things just last year," said @jasonkressock on Twitter.

The Bombers also plan to ban flag poles and water bottles from outside the stadium.

WITH FILES FROM DAVE BAXTER



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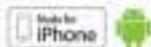




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Arts pioneer



**Rachel Browne founded Winnipeg's Contemporary Dancers.**  
ROBERT TINKER/WINNIPEGSCONTEMPORARYDANCERS.CA

## Dancers mourn death of matriarch

Winnipeg's arts and dance communities are mourning the loss of a trailblazer.

"Rachel Browne's legacy is us," said Brent Lott, artistic director of Winnipeg's Contemporary Dancers (WCD), in a statement released by the National Arts Centre in Ottawa. "All of these dancers and choreographers who have been blessed by knowing her, dancing for her, (being) mentored by her. We're all around the world now."

Browne, who died at age 77 in Ottawa on Saturday, spent decades in Winnipeg as a leader of the modern dance scene. She founded WCD in 1964 and was its artistic director until 1983. Over that time the company's stature rose from amateur to nationally recognized.

She was in Ottawa as part of the Canada Dance Festival, to oversee a performance of students from the School of Contemporary Dancers (Winnipeg) on Tuesday and to attend the WCD performance of Lott's 97 Positions of the Heart on Wednesday.

Lott said the show would go on. "She wouldn't have wanted it any other way," he said.

Browne first arrived here in 1957 and danced with the Royal Winnipeg Ballet until 1961, staying on in the city afterwards as a teacher and choreographer.

BERNICE PONTANILLA/METRO

## Sunny spirits. Rain fails to dampen local business

While the wet weather in Winnipeg has cast a pall over outdoor activities, it looks like some businesses are weathering the storms well.

"We seem to be staying busy," said John Dusesoy, owner of Sargent Sundae on Portage Avenue. "Obviously when it's downpouring it slows down a bit, but we have the advantage that people can come inside. Winnipeggers are pretty tough and just keep coming back."

Other businesses reliant on sunshine said the rain hasn't

Forecast

# 19 C

The forecasted high for today, with no rain in sight until Wednesday evening, according to Environment Canada.

dampened their customers' spirits, with a staff member for Shelmerdine confirming the nursery and garden centre was "really busy" on Monday. Environment Canada predicts sunshine for Tuesday. **METRO**

## Undetected infection? Woman dies after being released from ER: son

A Winnipeg family says their mother died after she was released from an emergency room with an undetected infection. David and Lorraine MacKay say they took their mother, Frances MacKay, to hospital last fall because she was in severe pain.

They say the emergency-room doctor gave their mother morphine and released her, despite the family's attempts to have her examined.

They say it was only weeks later that another doctor diagnosed their mother with a severe infection, and she died soon after.

Manitoba Tories have raised the case in the legislature and are demanding a full investigation.

The Winnipeg Regional Health Authority says it is investigating and will let the family know the results.

THE CANADIAN PRESS

# WFPS urges home sprinkler installation

**Safety message.** Fiery demonstration held to show residents how valuable systems are



**SHANE GIBSON**  
shane.gibson@metronews.ca

The Winnipeg Fire and Paramedic Service used a dramatic and fiery demonstration Monday to show the importance of installing sprinkler systems in homes.

Fire crews, along with the Canadian Automatic Sprinkler Association (CASA), set two separate outdoor demonstration rooms ablaze — one with a sprinkler system and the other without — in a gravel parking lot at The Forks to bring the message home.

"Fortunately, people don't have fires very often so they don't get exposure to the damage that occurs," explained Sean Pearce of CASA while the room without a sprinkler



Fire crews with the WFPS put out a blaze in a demonstration room, which had no sprinkler system, to highlight the importance of installing such systems in homes. SHANE GIBSON/METRO

smouldered following the display. "The goal is that the next time someone goes to buy a house, they'll think to ask the builder to put a fire sprinkler system in."

The room without a sprinkler had to be extinguished by

firefighters after flames spiraled out the front and thick, toxic plumes of smoke filled the sky less than two minutes after it was lit.

The sprinkler in the other room kicked in after about 40 seconds and stopped the fire

Response time

- Fire crews can reach anywhere in the city within four minutes of receiving a call, but it takes an average of three minutes for people to call 911 in the case of a fire. Source: WFPS

and smoke from spreading.

"You can see the devastation in the mock-up we have — everything is totally destroyed in the un-sprinklered home," said WFPS acting Deputy Chief Stephen Sumka. "Sprinklered homes give occupants the time needed to get out, and a safer environment for firefighters at the end of the day."

Pearce said the average cost of adding a sprinkler system to a new home is around two per cent of the cost of construction, or \$3,000 for a larger home.

Follow Shane Gibson on Twitter @tsigibson



## NEWS

On the web

## Planning a proposal?

From viral videos to public proposals, popping the question is getting more creative. Earlier this year, an Atlanta filmmaker created a stop-motion Lego proposal for his girlfriend, and last year someone popped the question through a custom film trailer. Watch these and more creative proposals at [metronews.ca](http://metronews.ca).

Mobile news



It was the stuff of a major film studio's next animation project: Nine African baby elephants were orphaned after their parents were poached, but then they were miraculously rescued and brought to a wild game park in Latin America. Scan the code to read the full story.

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## First Nations

**Mental-health needs highest for native youth: Study**

Children and teens from First Nations communities and families on welfare were more likely to use hospital emergency departments for mental-health crises than other kids their age, a new study reports.

THE CANADIAN PRESS

## First Nations

**Chief confronts PM with challenge**

Four years after Stephen Harper offered an apology to aboriginal peoples for residential schools, he is at a turning point in his relationship with First Nations, says National Chief Shawn Atleo. Harper can either take major, collaborative action or he can persist with small, empty measures.

THE CANADIAN PRESS

## Grief counselling

**School grieving over young victims**

Grief counsellors were at an Ontario school Monday after a young student and her sister were killed in a van that was hit by a train.

Six-year-old Wynter Williams — a KG student at Belle River Public School — died with her three-year-old sister Brooklyn. Their brother is clinging to life.

THE CANADIAN PRESS

## Gun registry

**Quebec seeks to retain registry info**

The Quebec government was in court Monday seeking province-sensitive information from the now-defunct federal long-gun registry. The law to destroy the registry came into effect in April everywhere else in Canada, but in Quebec the registry has continued to function under a court order.

THE CANADIAN PRESS

## Supporting terrorism

**No retrial for man who aided group**

A Canadian businessman convicted of providing support to a Pakistani terrorist group has lost his bid for a new trial. A jury acquitted Tahawwur Rana of involvement in a 2008 Mumbai attack but found him guilty of helping Lashkar-e-Taiba, the group that took responsibility for the attack.

THE CANADIAN PRESS

## Toronto

**Mall-shooting victim released**

The 13-year-old boy who was hit in the head by gunshots fired at Toronto's downtown Eaton Centre has been released from hospital.

The boy was visiting the popular mall's food court with his mother and sister when the shooting broke out on June 2.

THE CANADIAN PRESS

# Teen girls accused of prostituting other youth

**Ottawa.** Pair are also charged with assault, abduction in unprecedented case



JESSICA SMITH  
Metro in Ottawa

Police have charged two 15-year-old girls with human trafficking for the forced prostitution of three other teenage girls, a case investigators believe is unprecedented.

The girls are also charged with sexual and physical assault, forcible confinement, uttering threats, and abduction. Officers are looking for a third suspect, a 17-year-old girl.

The three female victims are aged 13 to 17. They were allegedly lured by the accused via social media and other means, and were forcibly confined and threatened, said Ottawa police Staff Sgt. John McGettrick.

"They were taken to other places for the purposes of prostitution," he said.

The victims were separ-

ately forced into prostitution, one on May 19, the second on May 31, and the third on June 3, he said.

"In checking with the RCMP, who have a lot of expertise in human trafficking, they are not familiar with another case of this nature," said McGettrick. "It's shocking."

McGettrick would not say if the accused girls had ever been victims of trafficking or prostitution themselves.

Police are not aware of any other victims, but if anyone has any information about this crime or similar crimes they are asked to contact the Ottawa Police Service sexual assault/child abuse section at 613-236-1222, ext. 5944, or Crime Stoppers toll free at 1-800-222-8477.

The names of the accused cannot be released due to provisions of the Youth Criminal Justice Act.

Online

For more news, visit  
metronews.ca/winnipeg



Momin Khawaja's mother, Azra, is seen during a recess at the Supreme Court of Canada, which was hearing an appeal regarding her son's terror case in Ottawa on Monday. Momin Khawaja is serving life in prison with no parole eligibility for 10 years. SEAN KILPATRICK/THE CANADIAN PRESS

## Life sentence for terror convict too harsh, lawyer tells court

The life sentence imposed on the first man convicted under the country's anti-terror law is unprecedented and should be reduced, the Supreme Court of Canada was told Monday.

Momin Khawaja, a former Ottawa software developer, is serving life in prison with no parole eligibility for 10 years.

Khawaja was originally sentenced to 10-and-a-half years in prison after his conviction in 2008, but the Ontario Court of Appeal imposed the stiffer sentence when he appealed his case.



Momin Khawaja THE CANADIAN PRESS

Khawaja's lawyer urged the Supreme Court to overturn that sentence and re-es-

tablish the original penalty.

"I am asking court to say this unprecedented increase in sentence was wrong," lawyer Lawrence Greenspon argued Monday. "A life sentence in this case is unfit for the offence and the offender."

Khawaja was convicted in 2008 of training at a remote camp in Pakistan, providing cash to a group of British extremists and offences related to building a remote-control detonator.

The prosecution failed to prove Khawaja knew the detonator was to be used to

detonate a 600-kilogram fertilizer bomb in downtown London. But Greenspon said the appeal court held Khawaja responsible for that offence when it upped its sentence.

Khawaja's appeal is also focused on the legal definition of what constitutes "terrorist activity." Greenspon argues that the law is unconstitutional because it violates Khawaja's right to express political and religious views.

He said the motive clause in the law "will have a chilling effect" on free speech.

THE CANADIAN PRESS

## Vancouver. Jail sentence handed to cup rioter

A one-month jail sentence has been handed to a 20-year-old Surrey, B.C., man for his role in the Stanley Cup riot a year ago.

Emmanuel Alviar was also given 16 months probation and ordered to perform 160 hours of community service after pleading guilty in March to participating in

a riot. In addition, he must send apology letters to Vancouver's mayor and police chief.

Alviar kicked garbage at a burning vehicle, helped rock another car and used a stick to smash windows in the Telus building during the violence last June 15.

THE CANADIAN PRESS

## Montreal. Group calls for review of police actions

Montreal police are being accused of political profiling — of searching and detaining people wearing the red square, the symbol of Quebec's protest movement.

A Quebec student group is calling for an independent inquiry into police actions over the Formula One Grand Prix weekend while also gathering

details from recent weeks for a potential lawsuit.

The group, the more hard-line CLASSE student association, is now gathering testimony from people who say their civil rights were violated.

Police denied the accusation that they specifically targeted red-square wearers.

THE CANADIAN PRESS

## Ottawa politics. Speaker OK's opposition tactics

The parliamentary show of protest over the Conservative government's controversial budget bill can go on, the Speaker of the House of Commons said Monday — a decision opposition critics hailed as the opening act of a great democratic drama.

The Tories, however, denounced the spectacle as a

political farce.

Speaker Andrew Scheer agreed to allow for debate the majority of more than 800 proposed opposition changes to Bill C-38, the government's so-called omnibus bill, setting the stage for at least a few late nights this week for members of Parliament.

THE CANADIAN PRESS

**"For years, I suffered from unbearable stiffness and swelling in my hands"**

# "How I BEAT The Pain That Almost Ended My Career!"

By Jaudon Sunde  
Medical Cosmetic Technician

**For nine long years, I lived in sheer agony.** I suffered from inflammation and horrible stiffness in my hands. Unless you've experienced it for yourself, you can't imagine how bad the pain really is. It nearly crippled me and almost ended my career.

As a Medical Micropigmentation Specialist in Cleveland, Ohio, **I need my hands for applying medical tattooing and permanent makeup for cancer patients, burn victims, and for people who need facial reconstruction.**

I was proud that in 2010, FOX 8 TV news viewers voted me the "Best Permanent Cosmetic Technician" in the area and I have consistently ranked in the top 2% nationally.

But suddenly, my career was in danger. I was told that the intense precision of my work combined with the brutal cold winters in Ohio contributed to major stiffness and inflammation.

**So naturally, I tried just about every pain remedy and topical cream on the market. Nothing worked.** The pain was getting worse and worse.

So for all these years, I got by on a steady regimen of over-the-counter pills. The pain in my hands got so bad that I started taking pain relievers 2-3 times a day. And still my agony persisted.

**I was faced with a dreadful choice:** Either have the painful surgery on my hands and be laid up for months...or cut my workload in half. I was between a rock and a hard place.

I couldn't afford to do either. I had to find a better way to get real relief.

**Then one day at dinner a friend of mine told me that inflammation is worse than I thought.** "It's called the 'secret killer,' and for good reason," he said. "Left alone, it can ravage your arteries, chew up nerve cells in your brain, and lead to all kinds of age-related ailments.

**"The good news is that researchers at the University of Arizona have now confirmed that the Nopal cactus — found in the Sonoran Desert in the southwest U.S. — has tremendous power.** It can help fight off harmful inflammation without risky drugs. And it can help reduce the pain caused by inflammation.

"It turns out that the fruit of this plant is loaded with a special concentration of something called a 'bioflavonoid.' It's a super-powerful antioxidant that scientists believe to be perhaps the best natural anti-inflammatory agent on the planet. And it's **proven to reduce inflammation and detoxify your body naturally.**"

**He then spoke the words that would change my life.** "I think all you need to do is try a fruit drink." I was shocked! How is an ordinary fruit drink going to end my misery? "Well, it's not an ordinary fruit drink. It's called **Nopalea**, a breakthrough wellness drink that contains these incredible bioflavonoids I told you about. Drink it and you'll be amazed how great you're going to feel."

I was skeptical, but I was also desperate. He brought me a bottle and I took a sip. I was shocked that it actually tasted fruity and delicious. I really enjoyed drinking it.

**In just 5-6 days, an amazing thing happened.** I started to feel much better. My stiffness loosened up and I moved around better than I had in years with no pain.

I was overjoyed! The inflammation in my hands showed dramatic improvement. I kept taking 3 ounces of **Nopalea twice a day and after about 30 days, I could perform my duties 95% pain free!**

Even the doctors I work with were amazed at my amazing improvement. I no longer need surgery. I am busier than ever before and I love it!

I also found out that the betalains in **Nopalea** aid my body in healing by surrounding unhealthy



**Jaudon Sunde, Micropigmentation Specialist, says that "Nopalea has been a life-saver in every sense of the word."**\*\*

cells and draining them of toxic waste.

**But don't believe me.** You must try this drink for yourself. If you're suffering with the same inflammation and pain that I did, you owe it to yourself to get real relief. Once you try **Nopalea**, I know you'll agree that it's the best thing that's happened to you in a long, long time.

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# 100 feared killed in Afghan quake and landslide

**Hindu Kush.** Houses were destroyed in five districts

As many as 100 people are feared dead in an earthquake and landslide that buried more than 20 houses in northern Afghanistan on Monday.

Rescuers have so far pulled two women's bodies from the rubble of the landslide in Baghlan province, said provincial Gov. Abdul Majid.

The UN confirmed one other death and said houses were destroyed across five districts.

A massive landslide of mud and rocks buried houses so deep in the remote mountain village of Sayi Hazara that rescuers gave up trying to use shovels to dig through.

There were no visible signs of the buildings underneath.

## Details

An earthquake measuring magnitude 5.4 struck the Hindu Kush region Monday morning, followed by a 5.7 quake, the U.S. Geological Survey said. Both were felt as far away as the Afghan capital, Kabul, where buildings shook.

- Officials knew how many houses were buried only from information provided by area residents, who said between 25 and 30 houses "disappeared" in the landslide.

"We need bulldozers or other machinery," said Jawed Basharat, a spokesman for the provincial police chief who was part of a team that examined the village after the slide.

THE ASSOCIATED PRESS

## Afghanistan. Coalition airstrikes on civilian homes to be curtailed



From left, Gen. John Allen, head of coalition forces, U.S. Defense Secretary Leon Panetta and U.S. Ambassador Ryan Crocker are seen in Kabul, Afghanistan. THE ASSOCIATED PRESS

The U.S.-led military coalition in Afghanistan is limiting airstrikes against civilian homes to self-defence for troops.

This follows a strike last week that killed women and children alongside insurgents, a spokesman for the alliance said Monday.

Such airstrikes are now being designated a weapon of last resort to rescue soldiers — this will cut back their use.

Though airstrikes on homes are a small part of the international operations in Afghanistan, they have brewed resentment among Afghans, even

when there are no casualties, because of the sense that homes and privacy have been violated. Civilian deaths from such operations have threatened to derail the Afghan-U.S. alliance.

A pact signed by the Afghan government and the U.S. military in April, putting Afghans in charge of joint raids in villages, was supposed to ease these tensions.

Of the 3,000 NATO airstrikes in the past six months, only 10 of them were against civilian homes. Of those 10, seven resulted in civilian casualties.

THE ASSOCIATED PRESS

## Afghanistan

### Pregnant woman killed by bomb

An ambulance struck a roadside bomb while rushing a pregnant woman and her family to a hospital in northern Afghanistan on Monday, killing the woman and four of her family members, the Interior Ministry said.

The incident makes a total of nine civilians killed in insurgent attacks or bombings in one day.

The dead included two women and two children, while another two people were wounded, the ministry said. The vehicle hit the explosive in Sar-e-Pul city, the capital of the northern province of the same name.

Earlier Monday, two women and two children were killed in the east when a mortar fired by insurgents hit their home in Ghazni province's Gilan district.

The militants appeared to be aiming for a building nearby.

THE ASSOCIATED PRESS

## Egypt

### Defibrillator used on Mubarak

Doctors used a defibrillator twice on Hosni Mubarak when they could not find a pulse Monday, the latest health crisis for the ousted Egyptian dictator since he was sentenced to life and moved to a prison hospital nine days ago.

Mubarak is slipping in and out of consciousness.

THE ASSOCIATED PRESS



Former Egyptian dictator Hosni Mubarak is shown being taken to court in 2011. THE ASSOCIATED PRESS

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## Technology

## Apple integrates Facebook into iPhone software

Fresh off a disappointing initial public offering, Facebook is getting a big boost from Apple, which is building the social network deep into its iPhone and iPad software.

With the next version of Apple Inc.'s software, users will be able to update their Facebook status by talking to their phones.

Users will also be able to "like" movies and apps in Apple's iTunes store, Apple executive Scott Forstall said in San Francisco at Apple's annual developers' conference.

Even as Apple lends Facebook a hand, it's cutting off one of its links to Google Inc., which makes a rival suite of software for smartphones. iOS 6 will use Apple's own Maps applications rather than Google's.

The application will come with traffic reports and turn-by-turn navigation.

THE ASSOCIATED PRESS



CEO Tim Cook kicks off Apple's conference in San Francisco Monday.  
PAUL SAKUMA/THE ASSOCIATED PRESS

## Market Minute



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**Natural gas:** \$2.218 US (-8.1¢)  
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# Markets not affected by budget delays

**Omnibus bill.** Harper government selling speedy passage of C-38 as essential to job creation, economy

## Budget components

The budget's major themes have an eye to the long game — free trade and innovation as economic drivers, a more sustainable public-pension system that won't kick in until 2023, changes to environment-protection rules to speed up future resource projects, and tweaks to employment insurance eligibility rules to encourage job seeking.

The political brouhaha over the Harper government's massive omnibus budget bill seems to have raised barely a ripple in the arena it's supposed to matter most — equity and financial markets.

That's because regardless of the merits of the 425-page bill under scrutiny in Parliament, economists say there are few worries on Bay Street that at the end of the day the budget will be rejected, an unusual response given the way the government has sold the urgency of passing C-38 — and quickly.

For the past several weeks, Tory ministers have pressed the case that delay is not an option given the fragile nature of the economy and that jobs and growth were at stake.

On Sunday, Tory House Leader Peter Van Loan characterized the issue in stark terms.

"The NDP and Liberals' obstruction and delay is a threat to Canada's economic growth and prosperity," he affirmed in a release. The opposition dismissed such warnings as so much hokey, that, in Green party Leader Elizabeth May's words, they "would be laughable if it weren't so serious."

THE CANADIAN PRESS

## Europe takes steps to steady banks: Carney

Europe is taking important steps to resolve weaknesses in its banking system that threaten one of the world's largest economic powerhouses, Bank of Canada governor Mark Carney told an economic conference Monday.

Carney said moves to centralize and recapitalize banks on a European rather than national basis will help to "break the increasingly toxic links between banks and sovereigns."

Earlier Monday, the International Economic Forum of the Americas was told Europe faces severe challenges but is taking the right steps by solidifying the banking system of its weakest members.

Michel Barnier, European commissioner responsible for internal market and services, told the conference he didn't

## Brighter future

"We've got some issues to nail down, but by this time next year I do expect growth to pick up."

Mark Zandi, chief economist of Moody's Analytics

think Europe is at "one minute to midnight."

Haruhiko Kuroda, president of the Asian Development Bank, said further deterioration in Europe could drag the world economy back into recession.

Spain became the fourth European country to seek a bailout, receiving up to \$125 billion US for its banks in a deal announced on the week-end. THE CANADIAN PRESS



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# THERE'S NO DEFENCE FOR DIGITAL SNOOPING



**SHE SAYS...**  
Jessica Napier  
metronews.ca/shesays

I hate to admit it, but sometimes I can't resist the urge to take a nosy peek through the contents of my boyfriend's cellphone.

I've never felt suspicious of him, maybe just a bit curious as to what I might find. Fortunately, I've never discovered any incriminating materials or made any startling revelations about our relationship. All I ever find is a series of missed calls from his mother and an embarrassingly low Angry Birds score.

## I spy with my little eye

**"While feeling the desire to pry into password-protected belongings isn't intrinsically wrong, acting upon it certainly is."**

Even though my occasional smartphone spying is relatively harmless, I always feel foolish and irritated with myself afterwards for acting like a jealous teen. Being in a grown-up relationship requires a certain level of trust. So while feeling the desire to pry into password-protected belongings isn't intrinsically wrong, acting upon it certainly is.

For some people, a logged-in Facebook account or an unlocked iPhone is just too tempting. If you do give in to the urge, it's always a disappointing experience. You'll never find a series of text messages to his or her friends about how amazing you are. Best-case scenario, you'll scroll through a series of boring work emails and perhaps a few photos of the two of you. At worst, you'll catch your partner in a hazardous web of secrecy and lies.

So why do we spy even though we know that no good can come from it? The desire to play detective can stem from many things: Suspicions of foul play, insecurity or jealousy. But whatever the reason, even if it is just innocent curiosity, there's no respectable excuse for violating your partner's privacy.

Not only is it morally questionable to breach someone's personal property, it can be an emotional minefield. Hacking into a Facebook account to find proof of infidelity might validate your jealousy, but it isn't going to make you feel any better. The catch-22, of course, is that you can't confront your adulterous other half without exposing your own immature, unethical behaviour.

Happy, healthy relationships are the result of hard work and open communication. If you're not satisfied with face-to-face dialogue and feel the need to go behind the other person's back, well, then something isn't right.

Ultimately, there is no excuse for betraying your partner's trust in the name of private investigation. So think before you act and be honest with yourself — you're not doing it to learn more about his or her taste in apps, you're hoping to find something incriminating.

And remember, if you go looking for something bad, you're probably going to find it.

# Unearthing China's past



THE ASSOCIATED PRESS

## Warriors revealed

### Standing tall, again, centuries later

A terracotta warrior is unearthed at the excavation site inside the No. 1 pit of the Museum of Qin Shihuang Terracotta Warriors and Horses in Xi'an, in central China's Shaanxi province, in this photo taken on Saturday.

Chinese officials said archaeologists unearthed 110 terracotta warriors that laid buried for centuries. THE ASSOCIATED PRESS



Researchers unearth statues at the excavation pit. The statues were originally built to guard the tomb of China's first emperor. THE ASSOCIATED PRESS

## Historic find

**"The most significant discovery this time around is that the relics that were found were well-preserved and colourfully painted."**

Shen Maosheng, deputy head of the Museum of Qin Shihuang Terracotta Warriors and Horses archaeology department, speaking to the AFP of the three-year project.

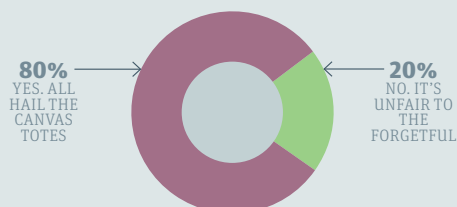


Look and you shall find. GETTY IMAGES



Register at [metropolitanpanel.ca](http://metropolitanpanel.ca) and take the quick poll

## Should cities ban plastic bags?



## Twitter

@chadvector:

In short: We blew it. Please keep giving us your money. RT @Wpg\_BlueBombers: Statement regarding security policies

@btwilkins26:

Winnipeg has some beautiful girls #forreal

@DarkZoneWpg:

Hey Winnipeg! We're baaaaaaaack! New ownership, new location, brand new state of the art equipment, new experi-

ence!!! STAY TUNED!!!

@mal4692:

The mosquito repellent cream we're using in India is made in Winnipeg. Go figure.

@cvety50:

U know u are the oldest on the team when weather like this makes me think, "Wow, this will be great for my lawn" #gobombers No #swag here



2

## SCENE

Scene in brief

## Jersey Shore's Cortese arrested

A Jersey Shore cast member has been arrested in the New Jersey town where the MTV show is based. Seaside Heights Police Chief Tommy Boyd tells WNBC TV in New York that Deena Cortese was arrested Sunday afternoon on a disorderly conduct charge. Boyd says a borough officer saw Cortese "a little intoxicated" and standing in the middle of a street, slapping cars that were driving by. Boyd says Cortese was taken to police headquarters and later released on a summons. MTV publicists did not immediately respond to requests for a comment, and a number for Cortese could not be located.

THE ASSOCIATED PRESS

On the web



A moody Mad Men season finale with Don Draper, a man who has it all, except contentment

## DVD reviews

## Sherlock Holmes: Game of Shadows

Director. Guy Ritchie

Stars. Robert Downey Jr., Jude Law, Jared Harris

● ● ● ● ●

It was elementary that there'd be a sequel after the success of Robert Downey Jr.'s first muscular evocation of the Sleuth of Baker Street. But did it have to be this mechanical? Teamed again with Jude Law as his bromantic partner Dr. Watson, Downey gets off a few good lines and achieves some mild suspense. But his first screen pairing with Prof. Moriarty (Jared Harris), the classic Holmes nemesis, is drained of passion for much of the picture. Returning director Guy Ritchie favours endless versions of slo-mo previews of action sequences. Downey, Law and Ritchie need to do some detective work to find more compelling scripts, if this franchise has hope.

PETER HOWELL

## In Darkness

Director. Agnieszka Holland

Stars. Robert Wiekiewicz, Benno Furmann

● ● ● ● ●

The shorthand description of In Darkness, a stirring work by Polish director Agnieszka Holland, is that it's a subterranean version of Schindler's List. This film and the Steven Spielberg Oscar winner both feature accidental heroes, people moved by circumstance to aid Hitler's prey. Schindler's counterpart is Leopold Socha (Robert Wiekiewicz). He makes In Darkness seem as much a description of his soul as it is of tunnel life beneath the streets of Nazi-occupied Lvov, Poland.

PETER HOWELL

Adam Sandler and Andy Samberg star in *That's My Boy*, which opens Friday. HANDOUT

# Funnyman Sandler ramps up the raunch

**That's My Boy.** Actor treads into R-rated comedy territory for the first time — with Andy Samberg in tow

NED EHRBAR

Metro World News in Hollywood

Folks who aren't the biggest fans of Adam Sandler's brand of humour might find it hard to believe, but he's never starred in an R-rated comedy — until his latest, *That's My Boy*, that is. While his rare dramatic efforts generally get the restricted rating, Sandler has stuck firmly in PG-13 territory when it comes to his comedies. And it's paid off for him. In the past five years, only two films starring Sandler — the drama *Funny People* and last year's dismal *Jack and Jill* — have grossed less

than \$100 million at the U.S. box office, and worldwide his movies have pulled in \$3.2 billion. So if playing to the middle school crowd had proved so lucrative for him, why risk ramping up the raunch now?

"I've done some stuff in the past few years where I've cursed a bit and it felt good," Sandler admits, though he says his decision to go with the R-rated *That's My Boy* was purely motivated by the story itself. "It was just a funny script. I liked the idea, and I liked the idea of hanging out with everybody."

But certainly for Sandler — who has proved a savvy producer and executive with Happy Madison Productions — that's not really it. After all, in the past few years R-rated comedies have become a viable proposition for studios once again, especially with the success of films like the *Hangover* and *Bridesmaids*. For a man that's

made millions keeping it clean, such a sea change couldn't have gone unnoticed.

"It was fun to speak the way that I speak in my bathroom," Sandler says. "I grew up cursing a lot. It felt natural. My parents told me to stop. They weren't enjoying my albums, and they weren't enjoying a lot of the things I did with my life. And then, my father passed away and he's not here to yell at me anymore. I bullied my mother and said, 'Here comes some more dirtiness.'"

Still, as much fun as Sandler had, he insists he's still taking everything on a project-by-project basis — though that of course could change if *That's My Boy* performs well. "If a movie comes to me that is rated R and I like it and connect with it, I would do that," he says. "But it wasn't a choice. I don't know what I'm doing next. I never know what's coming next."

## SNL memories

## Sandler's words of advice

Co-starring with Andy Samberg — who recently announced his departure from Saturday Night Live — gave SNL alum Adam Sandler a chance to think about his own departure from the long-running comedy show 17 years ago. "You're scared when you go. SNL is a home," Sandler says. "There are 20 shows a year and you're definitely going to get on some of them and get to do your thing. When that goes away, there's no life jacket. You're just on your own and you've gotta figure it out."

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IN THEATRES JUNE 22



## She's on the edge... of passing out: Gaga goes on post head bonk



Lady Gaga ALL PHOTOS GETTY IMAGES

Lady Gaga reportedly suffered a concussion after a backup dancer accidentally whacked her in the head with a pole during a concert in Auckland, New Zealand, according to Us Weekly. But while she was seen staggering backward after the blow, the singer continued, finishing her show.

"Gaga has a concussion but she is going to be OK," her makeup artist, Tara Savelo, posted to Twitter Monday. "Can't believe she finished the show."

### Getting the job done

"Can't believe she finished the show."

Makeup artist Tara Savelo on Twitter

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word

**Brand is going for this look, thank you**

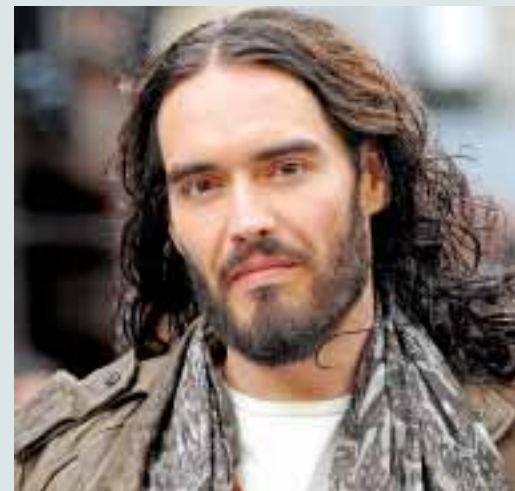
### THE WORD

Monica Weymouth  
scene@metronews.ca

He was on home turf and brought his mom as a date, but even still, Russell Brand couldn't catch a break at the London premiere of Rock of Ages. While the comedian walked the red carpet for his new film, fans yelled that he looked like "Jesus" and a "homeless person."

Brand — like most people confined to skin-tight jeans and ornamental cowboy boots — didn't risk getting in a fight, instead taking it as a compliment.

"I'd like to play Jesus, and wasn't he home-



less for a while too?" he answered, according to UK newspaper The Mirror.

He also admitted that his role as a rocker with a wild streak wasn't that much of a stretch.

"When I was lying on the toilet floor I thought, 'Hello, here we are again on my own,'" says Brand, who struggled publicly with drugs and alcohol before sobering up.

## Cannabis vs. cancer



Tommy Chong

Tommy Chong, one half of comedy duo Cheech & Chong and a longtime marijuana enthusiast, has revealed that he was diagnosed with prostate cancer — and he's using cannabis to treat the condition, according to CNN. Chong says he started seeing symptoms eight years ago "while incarcerated for selling drug paraphernalia," he says.

Chong is using hemp oil to fight his "slow state one" cancer, "so (legalizing marijuana) means a lot more to me than just being able to smoke a joint without being arrested," he says.

## The rock don't mean a thing: J. Lo jewels not about nuptials

Jennifer Lopez stepped out recently with boyfriend Casper Smart — and an eye-catching diamond ring on her left hand, prompting engagement talk about the couple.

But Lopez is quick to shoot them down.

"Rumours! Don't be fooled by the rocks that I got," Lopez says in a statement on her website, quoting one of her hit songs.

"No engagement!"



Jennifer Lopez

### Twitter



@nicolerichie

My cat wants to drop her last name and only go by "Gypsy", that egotistical bitch



@juliannemoore

I am never listening to my dog about the NBA again.



@aplusk

Are we sure that banning Big Gulps in NY is constitutional?



@SethMacFarlane

From now on, songs are no longer allowed to use the words "baby" or "yeah".

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# 3

## LIFE

### Picks of the week

### Summer skin pick

#### Kiehl's AÇAÍ Damage-Repairing Serum

Enriched with anti oxidant açai berries, this super serum will help restore the tone and elasticity of your sun-damaged skin and ward off the first signs of ageing. Gently massage onto clean skin before you moisturize.

ROMINA MCGUINNESS

## 50%

According to a clinical trial published in the Canadian Medical Association Journal, taking iron supplements reduced fatigue by almost 50 per cent in women who are low in iron but not anemic.

METRO

### On the Web



Study: Cutting isn't just a teen thing — even some seven-year-olds self-injure to cope with stress

# The summer skin DIY guide

**ADVICE.** Don't let a sunburn ruin your summer holiday — or your health. Use the Fitzpatrick Skin Type chart, a skin classification system based on complexion, to determine your tolerance and resistant to the sun's UV rays.

ROMINA MCGUINNESS  
life@metronews.ca

Skin-care expert Michelle Moyer, founder of the Pulse Laser & Skin Care Center in New York, helps you identify your skin type, to help you have a sun-filled, but damage-free summer.

### Define your type

- You never or rarely tan and always burn. Skin type 1-2
- You often tan and rarely burn. Skin type 3-4
- You always tan and very rarely burn. Skin type 5-6

### Problem Solved

## So...will I get cancer? Help!

MICHELLE MOYER  
Skin care expert

**Why is lighter skin more prone to skin cancer than darker skin, but less prone to skin allergies?**

Michelle Moyer: "Lighter skin is more prone to skin cancer as it has less melanin, which is what protects it from sun damage.

The less melanin you have, the less protection you have from the sun, and the higher your risk of skin cancer. But when choosing skin treatments, such as chemical peels or microdermabrasion, lighter skin tones can tolerate more aggressive treatments because they're linked to polar region ancestry and can tolerate harsher conditions."



### TYPE 1: ala Lily Cole

Natural skin colour before sun exposure: extremely pale or ivory white.

**You have:** blonde or red hair and light eyes.

**Reaction to sun exposure:** you never tan.

**Sensitivity:** highly sensitive to the sun but resilient to peels.

#### SKIN TIPS:

- **SPF.** 30+ and clothing of UPF (Ultraviolet Protection Factor) of 30+
- **Risk of sunburn on a scale of (1-10).** 10
- **Risk of skin cancer.** high
- **Best time for sun exposure.** before 11 a.m. and after 5 p.m.



### TYPE 4: such as Jennifer Lopez

Natural skin colour before sun exposure: brown to dark brown.

**You have:** dark brown to black hair and brown, blue or green eyes.

**Reaction to sun exposure:** you tan well and rarely burn.

**Sensitivity:** you're sensitive to peels.

#### SKIN TIPS:

- **SPF.** 15+ with a PPD factor 8 (Persistent Pigment Darkening)
- **Risk of sunburn (1-10).** 4
- **Risk of skin cancer.** low
- **Best time for sun exposure:** before noon and after 4 p.m.

### TYPE 2: such as Taylor Swift

Natural skin colour before sun exposure: fair with a golden undertone.

**You have:** dark blonde to brown hair and green, hazel, blue or brown eyes.

**Sensitivity:** sensitive to the sun but resilient to peels, microdermabrasion and other facial treatments

#### SKIN TIPS:

- **SPF.** 30+ and clothing of UPF (Ultraviolet Protection Factor) of 30+
- **Risk of sunburn (1-10).** 8
- **Risk of skin cancer.** high
- **Best time for sun exposure.** before noon and after 5 p.m.



### TYPE 5: such as Rihanna

Natural skin colour before sun exposure: dark brown.

**You have:** dark brown to black hair and hazel, brown or dark eyes.

**Reaction to sun exposure:** you almost never burn and tan easily. **Sensitivity:** you are very sensitive to facial treatments but not to the sun.

#### SKIN TIPS:

- **SPF.** 15+ with a PPD factor 8
- **Risk of sunburn (1-10).** 2
- **Risk of skin cancer.** low
- **Best time for sun exposure.** avoid the hours from noon till four



### TYPE 3: such as Kim Kardashian

Natural skin color before sun exposure: light brown to olive.

**You have:** brown to dark brown hair with blue, green, hazel or brown eyes.

**Reaction to sun exposure:** you often tan but occasionally burn.

**Sensitivity:** Moderately sensitive to the sun.

#### SKIN TIPS:

- **SPF.** 30+ with a PPD factor 8 (Persistent Pigment Darkening)
- **Risk of sunburn (1-10).** 6
- **Risk of skin cancer.** medium
- **Best time for sun exposure.** before noon and after 4 p.m.



### TYPE 6: such as Naomi Campbell

Natural skin colour before sun exposure: dark brown or black.

**You have:** black hair and dark brown eyes.

**Reaction to sun exposure:** you tan very easily and have a very small chance of burning. **Sensitivity:** you are highly sensitive to facial treatments, but not the sun.

#### SKIN TIPS:

- **SPF.** 15+ with a PPD factor 8
- **Risk of sunburn (1-10).** 1
- **Risk of skin cancer.** low
- **Best time for sun exposure** avoid the hours from noon till four

### Best Health



## Burn calories in the garden

If you like gardening, you know it's a good workout — sometimes you can wake up the next morning and feel like you've just run a marathon. That's because when you're out in the fresh air surrounded by plants and flowers, it's easy to forget you're actually exercising. Bending, raking, digging and hauling bags of mulch requires flexibility and strength — in fact, you can burn 300 calories an hour gardening.

In the summer issue of Best Health magazine, on newsstands now, you can find an article all about how the secret to getting the most out of your "garden workout" is an adequate warm-up and stretching. Here is some of that advice: — Walk around outside for a few minutes to warm up, then do some gentle stretches of your hamstrings, quadriceps and lower back.

— Once you start gardening, change positions at least every 15 minutes.

— Use a kneeling pad to reduce stress on your knees.

— Use a wheelbarrow to carry heavy bags such as soil.

— Always wear sunscreen and a wide-brimmed hat, even on grey-sky days.

— And keep a bottle of water with you so it's easy to stay hydrated

**TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONWS.**

### Thoughts on

## Kindness

Ask yourself: have you been kind today? Make kindness your daily modus operandi and change your world and of those around you. Whether you are giving or receiving, it is a gift to all involved. Kindness is in our nature; practice giving and receiving it freely.

**NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE.**



# 25 IDEAS TO COOL DOWN

When it's blistering hot outside, here are 25 great ways to cool down.

## FIRST, REDUCE THE HEAT IN THE HOUSE

- 1 During the day, close the windows and use shades and blinds to keep the warmer outside air out.
- 2 Tilt horizontal blinds upwards, according to BC Hydro —this will block heat but still allow light in.
- 3 Change window dressings to light coloured curtains, etc., which also reflect the heat out.
- 4 Replace heat-emitting incandescent bulbs with compact fluorescent light bulbs, says Lauren Mangion, Healthy Homes adviser at Green Calgary, an urban environmental non-profit organization.
- 5 Apply low E reflective film to your windows to reflect heat away. Available at hardware stores.
- 6 Open windows at night to let cooler outside air in.
- 7 Plant deciduous shade trees on the southern and western sides of the

house, says Mangion.

## NEXT, PLAN YOUR ACTIVITIES AROUND THE WEATHER

- 8 Stay put if it's high noon ... plan activities for early in the morning or late in the day when it's cooler, says Mo Hagan, VP of operations, GoodLife Fitness, London, Ont.
- 9 Immerse yourself — in a public pool or a lake.
- 10 Run through a sprinkler with your kids.
- 11 Spend time at an air conditioned shopping mall, public library, movie theatre or other public space.
- 12 Middy, relax in an easy chair in the shade and use cooling cucumber slices as a compress on your forehead.

## DRESS COOL

- 13 Wear loose fitting, light-coloured clothing.
- 14 When Hagan runs in the heat, she soaks a cap in cold water and wears it. This will work if you're gardening, too.



CAMERON SPENCER/PHOTODISC/THINKSTOCK

- 15 Wear long hair up and off your neck.

## REFRESH YOURSELF

- 16 Keep mist toner spray in the fridge and spritz your face!
- 17 Hagan suggests that you put rolled up, dampened hand towels in the

fridge — to cool down, wipe your face with one or put it around the base of your neck.

- 18 Store foot cream in the fridge and massage into hot, tired feet. Mint lotion is particularly refreshing because it leaves a cooling sensation.

- 19 Use ceiling fans, says Mangion — in the summer, they should turn counter-clockwise so they are pushing air down.

- 20 Make the bed with (cool) white satin sheets.

## EAT, DRINK & CHILL

- 21 Plan easy meals that don't require the stove or oven, says Fran Berkoff, registered dietitian, Toronto. Instead, barbecue and prepare cool, crispy salads.

- 22 Freeze mandarin segments, cherries and grapes and use them instead of ice cubes in cold water, says Hagan. They take longer to melt, and they taste good, too.

- 23 Always drink lots of water and other liquids, says Berkoff.

- 24 Allrecipes.com provides this delicious slushy recipe: Combine four cups cubed seedless watermelon and 10 ice cubes in a blender. Add ½ cup lime juice, ¼ cup sugar and ⅛ tsp salt. Blend until smooth and enjoy.

- 25 The cold, juicy summer fruits are most refreshing, says Berkoff ... enjoy peaches, melons and oranges, too.

— Ylva Van Buuren

## YOUR SUMMER STAIN REMOVAL GUIDE

Handy tips to help you get through the stains of summer.



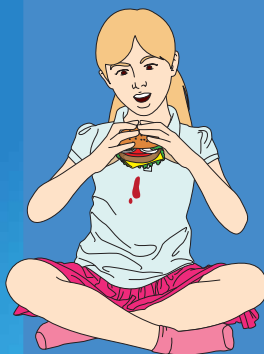
STAIN FIGHTER

### BURGER BOO-BOOS.

Mmm, juicy burgers with ketchup... too bad it's all over your favourite t-shirt!

**PRETREAT:** Apply Clorox2® Laundry Stain Remover Spray directly on stain. Let stand for 5-10 minutes.

**LAUNDRY:** Wash immediately with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack. Check that the stain is gone before putting it in the dryer.



### TWO SCOOPS OF TROUBLE.

Half of your daughter's ice cream is on the ground. The other half landed on her shirt.

**PRETREAT:** Apply Clorox2® Laundry Stain Remover Spray with foaming action formulated with TripleSolve™ Technology to penetrate, dissolve and eliminate stains. Let stand for 5-10 minutes (don't let dry on fabric) and rinse.

**LAUNDRY:** Wash as usual with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack.

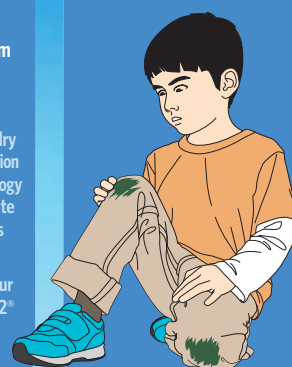


### THE GRASS IS ALWAYS GREENER...

...on your kids' pants.

**PRETREAT:** Apply Clorox2® Laundry Stain Remover Spray directly on stain. Its foaming action will help loosen dirt and break down grass stains. Let stand for 5-10 minutes.

**LAUNDRY:** Wash immediately with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack.



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# Simply Viet proves simply tasty — and entertaining



Grilled Pork Vermicelli. SVJETLANA MLINAREVIC



**LUNCH RUSH**  
Svjetlana Mlinarevic  
life@metronews.ca

Having a hankering for Vietnamese food, I decided to try Simply Viet on Pembina.

The restaurant has a mod-

ern black and white decor interspersed with images of cherry blossoms and bamboo.

Walls depicting its Pho Challenge brought an element of fun while dining.

The Wall of Shame is a testament to the 50 men who failed to eat an Olympic sized bowl of pho, while the Wall of

Fame holds the lone image of a 100 lb. girl who finished her pho in 19 minutes. Awesome.

So what did I eat while there? The Deluxe Summer Rolls (\$6.99), which were bursting with noodles, cucumber, carrot, lettuce, shrimp and pork, hit with the refreshing taste of basil. Also delicious

was the crispy coconut and shrimp Vietnamese Pancake (\$8.99), and the Grilled Pork Vermicelli (\$8.50) with thin pork slices grilled to a candied perfection.

The portion sizes are large and can easily feed two people, so bring your appetite.

Simply put, Simply Viet is simply wonderful.

## Visiting the restaurant

### Simply Viet Restaurant

**Address.** 1609 Pembina Hwy

**Phone.** 421-9145

**Rating.** 4.5/5

**Price range.** \$499 - \$9.50

**Business lunch.** Yes

**Lunch with co-workers.** Yes

**Social lunch.** No

**Quick solo lunch.** Yes

**Reservations.** No

## Breakfast Pie for dinner. Try this savoury pie for the ultimate comfort meal



1. Bake pie shell in 200 C (400 F) oven according to package directions for a baked pie shell; set aside.

2. In a skillet, fry bacon until crispy, remove and drain on

## Ingredients

- 1 frozen deep-dish pie shell
- 6 slices reduced salt bacon, coarsely chopped
- 30 ml (2 tbsp) pure maple syrup
- 5 fully cooked sausage rounds
- 125 ml (1/2 cup) shredded cheddar cheese
- 5 large eggs
- 125 ml (1/2 cup) 2% milk
- Salt and pepper to taste

paper towels. Toss with maple syrup and set aside.

3. Heat sausage according to package directions and place on bottom of baked pie shell. Top with shredded cheese and half the bacon.

4. In a bowl, whisk eggs and milk. Season with salt and pepper. Pour into pie shell.

5. Bake in 180 C (350 F) oven 30 mins. until filling is almost set. Sprinkle with remaining bacon and bake for an additional 15 mins. or until egg mix has set. Let stand 5 mins. before serving. **THE CANADIAN PRESS/MAPLE LEAF FOODS AND TENDERFLAKE/EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, AND CHEF. VISIT, EMILYRICHARDSCOOKS.CA)**

## Ingredients

- 1 cup molasses-based barbecue sauce
- 1 cup honey
- 12-oz bottle Frank's Red Hot Original Cayenne Pepper Sauce
- 2 gallon-size heavy-duty zip-close plastic bags
- 4 lbs chicken wings
- 4 tbsp olive oil, divided
- Fine-grain sea salt

# Wings' sweet heat is addictive

1. In bowl mix together the barbecue sauce and honey. Refrigerate until needed.

2. Divide the bottle of Frank's hot sauce evenly between the 2 plastic bags. Add half of the chicken to each bag, then seal the bag and turn to coat evenly. Refrigerate to marinate for at

least 2 hours, or up to overnight.

3. When ready to cook, heat one side of the grill to medium, the other to low. Remove the barbecue-honey sauce from the refrigerator to warm to room temperature.

4. Open each bag just at corner and tip it over sink to drain the marinade. Add 2 tablespoons of olive oil and a pinch of salt to each bag, then reseal the bags and shake gently to coat. Using tongs, transfer the chicken to the cooler side of the grill.

5. Cover the grill and cook for

40 minutes, or until starting to brown. Remove the chicken from the grill and place in a large bowl. Pour the barbecue-honey sauce over the wings, then use tongs to toss.

6. Place wings back on the grill for another 15 to 20 minutes. Remove from the grill and let

rest for 5 minutes before serving. **THE ASSOCIATED PRESS/ ELIZABETH KARMEI, GRILLING AND SOUTHERN FOODS EXPERT AND EXECUTIVE CHEF AT**

**HILL COUNTRY BARBECUE MARKET RESTAURANTS IN NEW YORK AND WASHINGTON, AS WELL AS HILL COUNTRY CHICKEN IN NEW YORK**



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# CRASH COURSE

## IT'S NOT TOO LATE TO FIND A SUMMER JOB

The arrival of June may bring a sense of panic in university students still without a summer job, but it's not too late to land a post that will pay the bills and possibly even kick-start your career.

John Horn, associate director of career development at the University of British Columbia, spoke to Metro after leading a "crash course on careers" workshop to help students get a summer job.

"There are still opportunities out there," he says, noting that July and August traditionally see a spike in summer job postings.

He says the first step is to get your resumé and cover letters polished. Second, visit your student services centre, employment centres and online job boards, and start applying.

Holm says there are two main categories of summer job: Those that pay the bills; and those that start your career. For the former, look at something you would actually enjoy, say working outside or in a location you

like, while for the latter focus on positions that can develop career skills.

"Know the purpose of your summer work. Really think about the core skills and competencies that employers look

for when they hire summer students — and their next vice-president," he says.

Don't despair if your job search comes up empty. Some of the most successful people in Canada struck out on summer jobs and then created their own.

Holm says he recently spoke to a former student who started a house-washing business one summer. "He turned it into a medium-sized business in Vancouver."

Holm admits he rarely sees true-blood entrepreneurs, as they tend to go it alone, but he says it's worth stopping by student services. They can help you find grants and partners to start your own summer business.

For example, Robert Zed's first summer job was a miserable affair that saw him cleaning up cigarette butts in Saint John, N.B. He learned how to get



Robert Zed



ISTOCKPHOTO/THINKSTOCK

government grants to start summer businesses and created a program to help senior citizens. He soon had 10 students working for him and embarked on an entrepreneurial career that has turned into the highly successful Zed Events in Halifax.

Ontario student Grieg Clark started painting houses in the summer of 1971. His business grew into College Pro Painters, which has hundreds of franchises across North America and millions of dollars in sales.

— Jon Tattrie

# TAKE SOME TIME TO EXPLORE A NEW DESTINATION

Students know that a long summer break can quickly vanish in a haze of a summer job, but it's important to sneak in a few getaways to refresh yourself.

Colleen Friesen is a B.C.-based travel writer who knows how to get the most out of your travel dollar. Reached in France, where she is exploring for her Traveling Light blog at Colleenfriesen.com, she shared some of her favourite affordable Western Canada destinations.

Top of her list is cycling the Icefields Parkway between Banff and Jasper in Alberta. The 232-kilometre journey takes you through the heart of the Rocky Mountains, passing lakes, glaciers and stunning valleys. Friesen says while she cycled, most people drive.



ISTOCKPHOTO/THINKSTOCK

"We had people come up and congratulate us, exclaim over how amazing we were and to ask for more photos while we stood in the parking lot in the howling wind. It really was quite funny," she recalls.

Her next suggestion is kayaking and camping in the Sechelt Inlet off the B.C. coast. The inlet has several marine-access only parks with few visitors.

"There were masses of jellyfish in the water, colonies of sea stars glowing purple against the brilliant green algae and seals checking us out from every angle," she says. "We watched moon rises and sun rises and slept like the dead in between."

If you have a few days, book yourself into a city hostel and explore a new des-



ALLAN DANAHAR/PHOTODISC/THINKSTOCK

tination. Friesen is fond of Victoria, B.C. The pretty provincial capital offers urban charms of comfy coffee shops, bakeries and cultural experiences like the dinosaur exhibit at the Royal BC Museum.

Stacey Thorson, director of operations at Discover Canada Tours, says many students opt for a package trip. All of theirs start in Vancouver and the most popular ones are to the Rocky Mountains, Whistler, Vancouver Island for surfing, and Victoria or Seattle for

shopping and sightseeing.

The advantage for budget-conscious students is the website price includes accommodation, food and transportation, so you know exactly what you will have to spend. The basic trips are cheap and cheerful, but you have the option to upgrade and pay for extra side excursions.

"Our tour guides are amazing," Thorson says. "Even the tips are included. Once they're on the tour, they're not expected to pay any extra."

— Jon Tattrie

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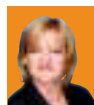




# Uncle Sam wants you (and your tax)

## It's that time again.

Many Americans in Canada don't even realize they are required to file taxes in the country of their birth



### YOUR MONEY

Alison Griffiths  
money@metronews.ca  
Twitter: @alisonmoney

Your taxes are well behind you for another year, right? Maybe not! For tens of thousands of Americans living here not to mention Canadian snowbirds, Uncle Sam wants you — to get in touch.

June 15 is the deadline for U.S. citizens to file a required tax return south of the border even if they have been in this country since infancy.

In the last year there was a rumble of panic among

### Alison's money rule

**"Uncle Sam wants an annual report from snowbirds and the American born."**

U.S. ex-pats as the IRS started flexing its muscle by threatening to chase down and punish those who had fallen behind in their tax returns.

Many Americans in Canada don't even realize they are required to file in the country of their birth. Since then the IRS has relaxed their stance a bit but U.S. citizens still need to comply.

According to H&R Block Canada, U.S. citizens and green card holders (including those whose green card has expired) are required to file Form 1040 annually. Go to [irs.gov](http://irs.gov) and search for Form 1040.

Those who paid taxes in Canada will receive a

### The people in your 'hood

- 900,000 to 2.5 million. The estimate of Americans living in Canada.

foreign tax credit on their U.S. returns and if you are receiving CPP and or Old Age Security here they are exempt from U.S. tax.

Anyone who kept a U.S. home as a rental after moving to Canada, or has any other income south of 49, will have to declare it on the U.S. return.

The big tax surprise for many Canadian snowbirds is a requirement to communicate with the IRS. If you spent more than 121 days in the U.S. in 2011 or a total of 183 days over the past three years, Uncle Sam is interested.

Filing IRS Form 8840 (the Closer Connection Exception Statement for Aliens) is an annual requirement. You'll be asked about



Just when you thought tax time was over. ISTOCK IMAGES

your Canadian ties including passport, family, car registration, where you are registered to vote and even your religious affiliation. Most snowbirds can demonstrate a closer connection

to Canada than the U.S. so nothing else is needed.

Again, go to [irs.gov](http://irs.gov), search Form 8840 and mail it to the Department of the Treasury, IRS Centre, Austin, Texas, 73301-0215.

Taxes — you can run but you can't hide.

ALISON GRIFFITHS IS THE AUTHOR OF **COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY**. REACH HER AT [GRIFFITHS.ALISON@GMAIL.COM](mailto:GRIFFITHS.ALISON@GMAIL.COM) OR [ALISONGRIFFITHS.CA](http://ALISONGRIFFITHS.CA)

# Bread-and-butter etiquette



CHARLES THE BUTLER  
[askcharlesthebutler@metronews.ca](http://askcharlesthebutler@metronews.ca)  
For more, visit [charlesmacpherson.com](http://charlesmacpherson.com)

**Dear Charles the Butler, Could you please explain the proper etiquette for slicing bread at the table? Sometimes restaurants serve a small loaf of bread, which is supposed to be cut**

**at the table and shared by the patrons. Do I cut it just for myself or for everyone? I have to hold the other side of the bread while I'm cutting it — isn't this unsanitary for the other people at my table?**  
Rachel

Hello Rachel,

Lets start with the simplest ways to deal with

bread at the table. If bread is served in a basket, already cut, then take one piece and put it on your bread-and-butter plate.

If you are served a small loaf in a restaurant, it would always be polite to cut several pieces and offer everyone at the table some of the bread.

In both cases you would always serve yourself last

because it is polite to allow others to go before you. As well, hopefully the piece you were holding will become your piece.

Never draw attention to a task at the table; simply cut the bread, offer it around to everyone, then take your piece, all the while having conversations with everyone at the table. Now, just as an aside, technically it is

the hostess who deals with offering bread and cutting it, however in a more casual restaurant setting, this is something anyone can do at the table.

Once you have the bread on your plate, how do you deal with butter?

Use the butter knife to take butter from the butter dish to your side plate, then return the butter knife to

the butter dish.

Now break a small one-bite size piece of bread and use your butter spreader from your bread-and-butter plate to put a small amount of butter on your bread and eat the entire piece of bread all at once.

Remember, the only time you can ever butter an entire piece of bread and eat it is at the breakfast table.



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# THE CONCEPTS OF CONCEPTION

## PLANNING AHEAD CAN HELP IMPROVE THE SUCCESS IN CONCEIVING A BABY

Mothers-to-be need to do some health-related homework before they start trying to get pregnant. "There are certain things women can do to improve their success in conceiving," says Dr. Lynne McLeod, a high-risk obstetrician at the IWK Health Centre in Halifax.

While the onus is on potential moms to take good care of themselves, men should put healthy habits in place, too.

McLeod advises following these steps to help ensure conception and pregnancy success:

### OPTIMIZE YOUR WEIGHT

A healthy weight in a normal body mass index (BMI) range is optimal for conception. "Obesity leads to increased risks to mom and baby in pregnancy, labour and delivery," says McLeod. "It may also be more challenging to get pregnant if you're not a healthy weight."

### LEAD A HEALTHY LIFESTYLE

That means following Canada's Food Guide for nutrition and quitting smoking and drinking, since alcohol has adverse effects on pregnancy (for the record, recreational drugs are also taboo). Check with your doctor to see if it's safe to continue taking prescription medications.

### TAKE FOLIC ACID

This B vitamin helps the body make healthy new cells and reduces the risk of neural-tube defects such as spina bifida in pregnant

women. "Women should take folic acid every day in a multivitamin for three months prior to getting pregnant and during the first three months of pregnancy," says McLeod.

### TRACK YOUR PERIODS

The timing of ovulation is one of the most important things a woman should understand about her body because it's a determining factor in getting pregnant. "If you don't have a regular menstrual cycle, it will make it more challenging to figure out when you're ovulating," says McLeod.

### GET YOUR GUY ON THE HEALTHY BANDWAGON

"Men have a part to play in the preconception phase, too," says McLeod. "The healthier both partners are, the better the chances of conception success." For example, wearing very tight underwear and regular soaks in hot tubs can negatively affect sperm production. Dads-to-be should also not use any recreational drugs.

### SEE A PRECONCEPTION SPECIALIST

If there are factors in your personal or family history that put you at higher risk of pregnancy complications such as advanced maternal age, obesity or medical conditions such as diabetes or high blood pressure, it's a good idea to meet with a high-risk obstetrician. "He or she can offer specialized care that will help lead to successful conception and pregnancy," says McLeod.

— Jane Doucet



PREGNANCY & FERTILITY



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This study will be in the recruitment process for 3 years.



UNIVERSITY OF MANITOBA



# TRY NOT TO STRESS: GO FROM 'HAVE TO' TO 'WANT TO'

WHEN YOU'RE TRYING TO GET PREGNANT  
AND TRACKING OVULATION, THE TWO  
MOST FERTILE DAYS ARE SO IMPORTANT



But sometimes it can make sex seem more like a chore and less pleasurable. With a little patience, creativity and communication, trying to conceive can be a fun and intimate experience for both you and your partner.

Introducing a personal massager into your relationship can be a new way to enhance your shared sexual experience, adding more pleasure and fun into trying to get pregnant. In fact, according to the 2011 Leger Marketing Survey, more than

80 per cent of people who have used a personal massager have used it with their partner, so it can be a natural addition.

This is important as stress and the negative feelings associated with planning to have a baby can actually affect your chances of getting pregnant, according to babyhopes.com. Increasing intimacy with your partner can help lead to a happier, more relaxed, and more positive you.

Personal massagers, such as TROJAN® Vibrating Tri-phoria® are now available at many major drug, food and mass retail locations where TROJAN® condoms are sold, and online at TrojanVibrations.ca.



## KNOW YOUR TWO BEST DAYS TO CONCEIVE

There are only about two days a month when you are most likely to get pregnant. An ovulation test, like the FIRST RESPONSE® Digital Ovulation Test, can help you pinpoint your two best days to try to conceive.

### GET TO KNOW YOUR CYCLE

- Every month ovulation happens when an egg matures, leaves your ovary, and travels down one of your Fallopian tubes.
- Ovulation is primarily triggered by a monthly surge in Luteinizing Hormone,

or LH. This happens in the 24 to 36 hours before ovulation.

- For your best chance at getting pregnant, have intercourse within 24 to 36 hours after detecting the LH surge.
- Menstrual cycles can vary from 20 to 44 days, so the day of the month you ovulate can vary significantly. Most women don't ovulate exactly at mid-cycle. So much variation can make it difficult to find your peak fertility.
- Using an at-home ovulation test can help improve your chances of determining when is the right time for you to get pregnant.

### DID YOU KNOW?

Drinking excessive amounts of liquid can dilute the LH in your urine. Therefore, it's best to reduce your liquid intake for two hours before testing.

### EXPERTS RECOMMEND

Know  
More

If you are on the birth control pill, experts recommend you stop using it one to two months before trying to conceive. This will give you the opportunity to better understand your body and get to know your cycle. Look for an alternative contraceptive method — for instance, the maker of TROJAN® brand condoms offers many different varieties of condoms to choose from.

## KNOW IF YOU ARE PREGNANT ALMOST AS SOON AS YOUR BODY DOES

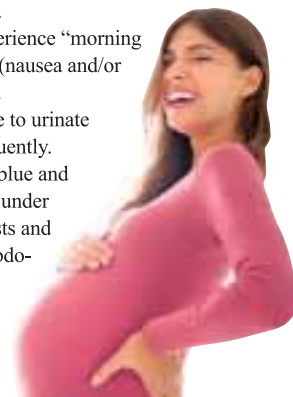


Early pregnancy is a vital time for fetal development. Being able to know if you are pregnant sooner helps you get a head start on making healthy choices for yourself and your baby.

FIRST RESPONSE® has the only test that tells you five days before your expected period. When you are waiting to find out if you are pregnant, one day can feel like a lifetime. Using the FIRST RESPONSE® Early Result Pregnancy Test means you will know as soon as possible — no other home pregnancy test tells you sooner!\*

### YOU MIGHT BE PREGNANT IF ...

- You miss your period.
- Your breasts are tender or swollen, or have raised glands in the area around the nipple.
- You experience "morning sickness" (nausea and/or vomiting).
- You have to urinate more frequently.
- You see blue and pink lines under your breasts and on your abdomen.
- You have unusual food cravings.



\*Read product packaging for more information on testing early. In clinical testing, FIRST RESPONSE® Early Result Pregnancy Test detected the hormone levels in 62 per cent of women five days before their expected period; in 78 per cent of women, four days before their expected period; in 87 per cent of women, three days before their expected period; and in 98 per cent of women, two days before their expected period.

**Note:** If you are unsure about your cycle length or when to start testing, call First Response toll-free at 1-800-268-3186, from Monday-Friday, between 7 a.m. and 5 p.m. ET.



## INTRODUCING THE FIRST RESPONSE® DIGITAL OVULATION TEST

- It knows your body. It's the only ovulation test that actually detects your own personal LH surge. It detects and tracks your personal daily baseline levels of Luteinizing Hormone to detect your personal LH surge, unlike other ovulation tests that use a preset "average" level to determine the surge.
- Unmistakable YES+/NO- results. YES+ means try to conceive in the next 24-36 hours; NO- means continue to test daily.
- Unsurpassed accuracy — More than 99 per cent accurate.\*
- Comes with 20 test sticks and a digital reader for a one-month supply.

Visit [1stresponse.ca](http://1stresponse.ca) for a downloadable ovulation calculator to help you keep track!

\*More than 99 per cent accuracy in detecting LH surge in laboratory studies (read complete directions for use on carton). Certain medication conditions and drugs can adversely affect the reliability of this test for predicting ovulation. For details, visit [1stresponse.ca](http://1stresponse.ca).



# Every woman is unique.

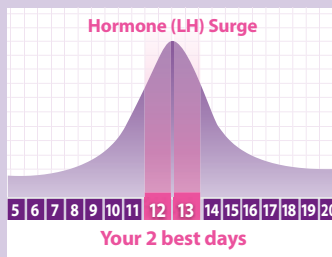
## FIRST RESPONSE® Ovulation Test understands that.



### **FIRST RESPONSE® Digital Ovulation is a revolutionary new ovulation test that can accurately detect your 2 best days to conceive.**

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Knowing the best time to conceive can be a real guessing game, especially for women with irregular periods. New FIRST RESPONSE® Digital Ovulation Test understands that. It's a breakthrough home-use ovulation test that can



accurately identify a woman's most fertile days based on her individual hormone levels. Making it easier for couples to determine their best days to conceive.

### **How the FIRST RESPONSE® Digital Ovulation Test works.**

The FIRST RESPONSE® Digital Ovulation Test identifies your 2 best days to become pregnant by detecting a surge of Luteinizing Hormone (LH) in your urine. An increase in LH means your body is ready to release an egg (ovulation). If you have intercourse within 24-36 hours after detecting the LH surge, you're more likely to become pregnant.

<sup>1</sup> Data on file, Church & Dwight Co., Princeton, NJ 2011

<sup>2</sup> Over 99% accurate in detecting the LH surge in laboratory studies (based on directions for use).

### **FIRST RESPONSE® Digital Ovulation Test understands your body.**

FIRST RESPONSE® Digital Ovulation Test has advanced technology that can detect your unique LH surge based on your daily Luteinizing Hormone (LH) levels.<sup>1</sup>

With the FIRST RESPONSE® Digital Ovulation Test you begin daily testing on Day 5 of your period. Hormone levels recorded from Days 5, 6, and 7 of your period are saved into the Digital Reader's memory to set your baseline and determine your unique LH surge level. Continued testing from that point will allow you to determine your own unique LH surge, the time when you're most likely to become pregnant if you have intercourse within 24-36 hours of detecting the surge.

### **Trust the test with unsurpassed accuracy.**

When it comes to detecting a woman's unique LH surge, laboratory studies show FIRST RESPONSE® Digital Ovulation Test to be over 99% accurate, unsurpassed by any other test in the market. And our exclusive

EasyRead™ technology provides unmistakable YES+/NO- results to eliminate the guesswork out of detecting your best days to conceive.<sup>2</sup>

YES +

NO -

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Technology**



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trust the test designed for you.**

[1stresponse.ca/ovulation](http://1stresponse.ca/ovulation)





# YOUR HEALTHY PREGNANCY

## EATING WELL, REST AND EXERCISE ARE PARAMOUNT

Know your limits. That's what Terri Coles advises other pregnant women to keep in mind for a healthy pregnancy.

"I didn't want to admit at first that I was more tired than usual, or queasy. I didn't want to feel limited before I was even showing," says Coles, a 30-year-old Toronto woman pregnant with her first child. "But once I cut things back a bit and got more rest, I definitely felt better."

What else can you do to foster a healthy pregnancy? Ann Douglas, author of *The Mother of All* books series, shares her top tips to stay healthy over your nine-month stint.

### EXERCISE ... FOR TWO (OR THREE!)

"Pregnancy is the perfect time to make physical fitness part of your regular routine as a family," says Douglas. "That way, once your baby arrives, you'll be in the habit of taking an after-dinner stroll, for ex-

ample. You won't have to think twice about remaining active after baby or modelling an active lifestyle to your growing child."

### TRY YOGA

Pregnancy yoga classes give you a chance to meet other pregnant women in the neighbourhood. "And you're participating in a prenatal fitness activity that helps to prepare your mind, body, and soul for the challenges of birth and motherhood," says Douglas.

### REST, REST, REST

Don't think of sleep as an indulgence, says Douglas. "Instead, sleep is another type of fuel that your body needs to help you take the best possible care of your baby," she notes. "So give in to the waves of fatigue — the kind that makes

it almost impossible for you to keep your eyes open when you arrive home from work. Your body is trying to tell you something: You need more rest. Pay attention and nurture your body by giving it what it needs."

### WATCH WHAT YOU EAT

The lemonade, ice cream and pickles cravings will come. But also be sure to watch what else you eat. Along with taking prenatal vitamins and folic acid daily to help develop the baby's brain, spine and skull, Health Canada recommends eating at least 150 grams of cooked fish weekly. (Fish is thick with omega-3 fats and nutrients to help with the growth of your baby.)

### ALSO KNOW WHAT YOU CAN'T EAT

Health Canada recommends avoiding alcohol and nicotine during pregnancy. Caffeine should also be limited — but check with your health-care provider to determine how much caffeine, if any, you can have per day.

— Astrid Van Den Broek



## WHAT YOU WILL NEED WHEN BABY COMES HOME

Do you need a Miracle Blanket? How about a diaper warmer for your soon-to-arrive baby? "It's easy to over shop for baby," says Ann Douglas, author of *The Mother of All* books series.

So here are her top tips on what you will really need once your baby comes home.

- Change station: This could be a change

table or simply a changing pad attached to a dresser top. "Some parents find it works well to set up one or more mini-change stations around the house," says Douglas.

- Newborn and Size 1 diapers and wipes.
- Comfortable nursing chair with foot support.
- Bassinet, playpen or crib.

- Dresser for baby's clothes
- Baby clothes. (For the early months, Onesies and sleepers will do.)
- Baby blankets. "Treat any crib blankets you receive as wall decorations," notes Douglas. "Babies shouldn't sleep with blankets due to the increased risk of sudden infant death syndrome (SIDS)."



## THE THREE TRIMESTERS

Found out you are pregnant? Congratulations! Here is a look at the 40 weeks of pregnancy.

### FIRST TRIMESTER (WEEKS 1-12)

This is the trimester of waiting ... and often nausea. "Once you find out that you're pregnant, you spend the next two months waiting to see if the pregnancy is likely to thrive," notes Ann Douglas, author of *The Mother of All* books. "The rise of miscarriage drops significantly after the first trimester." This trimester also comes with symptoms such as headaches, constipation, bloating, frequent urination and tender breasts. "Once you reach the six-week pregnancy mark, you may find you experience mild nausea or out-and-out vomiting under certain circumstances," adds Douglas, noting that about one in five women don't experience any nausea or vomiting in pregnancy. If nausea is a problem, try to avoid an empty stomach — your nausea may worsen at that point.

### SECOND TRIMESTER (WEEKS 13-27)

This is the glory trimester: For many women the nausea and vomiting is gone, you start to feel the baby move ... yet you aren't uncomfortably large yet. "And as the pregnancy continues, the movements become strong enough for them to be noticed and felt by other people," says Douglas.

### THIRD TRIMESTER (WEEKS 28-40)

This is the home stretch, says Douglas. "Third trimester complaints include frequent trips to the washroom because your uterus is pressing down on your bladder, a sore back, swollen ankles from fluid retention, and insomnia," notes Douglas. Baby is really growing. So how can you feel your best during this body-shifting time? Douglas recommends maintaining a healthy pregnancy by eating well and sleeping when your body craves it. Also, look for women in your neighbourhood who are pregnant and experiencing the same things you are. "You'll appreciate their support and friendship, both during your pregnancy and after your babies arrive," Douglas says.





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Now you can begin those memories sooner.

At UC Baby, you can view a 3-D ultrasound image, or even a 4-D video of your baby while he or she is still in the womb. It's not a medical examination — for that you must visit a hospital or clinic. But it is a great service, at a reasonable price, and one that hospitals don't have time to provide.

UC Baby is a franchised business with 28 locations across Canada. In September 2011, the husband-wife team of Atanu and Devjani Chaudhuri, both trained as radiologists, opened the first location in Winnipeg, opposite St. Boniface Hospital.

Devjani Chaudhuri, a highly experienced sonographer, is in charge of performing all ultrasound scans. Her 3-D ultrasound images are warmer, sharper, more detailed and more lifelike than the 2-D images you are familiar with. They give you a better sense of your child's features, still in development.

"Our customers aren't just moms and dads," says Atanu Chaudhuri. "They're

### STILL PICTURES

UC Baby can record still pictures of your child on CD, and an entire ultrasound scan on DVD. The company also offers gender prediction after 20 weeks.

Did you know your child's heartbeat can be recorded as early as seven weeks into your pregnancy?

If you wish, you can have this recorded sound held permanently within one of UC Baby's Heartbeat Bears — a great gift for anyone.

the child's aunts and uncles, grandparents, cousins — any family members you wish to share these images with. We can invite as many as 12 persons to an ultrasound viewing."

For those unable to attend, UC Baby can also broadcast live images and video online. Access is password protected.

Why are UC Baby's services so appealing to parents? "A mother feels this new life growing inside of her," Atanu Chaudhuri says. "In many ways, she and her partner already know this little person. But seeing is believing. With UC Baby, mom and dad have the chance to bond with the love of their life just a little bit sooner."

UC Baby is located in Suite 403, 400 Tache Ave. For more information, or to make an appointment, phone 204-284-2229 (284-BABY), or email [winnipeg@ucbaby.ca](mailto:winnipeg@ucbaby.ca). Learn more about UC Baby at [uc-baby.com](http://uc-baby.com).



## MLB

## Testimony wraps up at Clemens perjury trial

His large frame towering over the microphone, Roger Clemens leaned forward at the podium and declared to the judge: "Yes sir, I am not testifying."

The government presented three rebuttal witnesses Monday after the defence rested its case at the Roger Clemens perjury trial.

The trial will determine whether Clemens lied when he told Congress in 2008 that he never used steroids and human growth hormone. Closing arguments will be heard Tuesday. The case could go to the jury Tuesday afternoon. **THE ASSOCIATED PRESS**

## NCAA

## Court in session at Sandusky trial

Jerry Sandusky's trial in the Penn State scandal opened in graphic fashion Monday with the first witness testifying that the retired coach molested him in the locker-room showers and in hotels while trying to ensure his silence with gifts and trips to bowl games.

The man, now 28 and dubbed Victim 4 in court papers, told the jury about the abuse he said he endured for five years beginning when he was a teenager in the late 1990s.

"I've denied it forever," he testified, looking straight at the prosecutor as Sandusky sat motionless nearby.

Sandusky, 68, faces 52 counts that he sexually abused 10 boys over 15 years. The former assistant football coach has denied the allegations.

**THE ASSOCIATED PRESS**



The Kings celebrate winning the Stanley Cup on Monday night at the Staples Center in Los Angeles. JULIE JACOBSON/THE ASSOCIATED PRESS

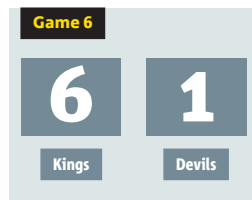
# Kings take their place on NHL throne

**NHL.** Los Angeles seals deal by scoring three times in first during Devils' major penalty

It was worth the wait.

After 45 long years, including two near-misses in the last week, the Los Angeles Kings have finally been crowned Stanley Cup champions. The party kicked off before the first period even ended Monday as Los Angeles romped to a 6-1 series-clinching victory over the stunned New Jersey Devils.

The game turned on a penalty that should immediately erase Marty McSorley's 1993



illegal-stick call as the most memorable in Kings history. Devils forward Steve Bernier was given a five-minute major for boarding just over 10 minutes into the game after bloodying Rob Scuderi with a hard hit from behind, and Los Angeles made him pay.

First captain Dustin Brown got a puck behind Martin Bro-

deur. Then Jeff Carter followed. By the time Trevor Lewis made it 3-0 at 15:01, the Staples Center crowd knew the Kings had all the goals they needed.

After all, Jonathan Quick didn't allow more than that in any game during a dominant 16-4 run through this post-season. The Kings goaltender was awarded the Conn Smythe Trophy as playoff MVP for his performance in goal.

The Devils were the first team since 1945 to even force a Game 6 in the Stanley Cup final after trailing 3-0 in the series, and the clincher highlighted why the task of coming all the way back is so daunting. There's no room for bad bounces or bad luck.

New Jersey was where it wanted to be after weathering an early storm and killing off a minor penalty. And then Bernier crashed into Scuderi. The most difficult part of that penalty for the Devils was the fact it came just seconds after Jarrett Stoll had hit Stephen Gionta from behind without a call.

Series over.

The Devils were shaken and their hopes of forcing a Game 7 were soon shattered. It's extremely rare to see a team score three times on a major penalty, especially against a New Jersey penalty kill that was the NHL's best in the regular season at 89.6 per cent.

**THE CANADIAN PRESS**

# Nadal's supremacy on clay continues



Rafael Nadal celebrates after winning the French Open on Monday in Paris. MICHEL SPINGLER/THE ASSOCIATED PRESS

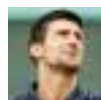
Rafael Nadal was worried.

A guy so unflinching, so nearly unbeatable at the French Open, got a real case of nerves during the 18 hours he and Novak Djokovic waited for the restart of their rain-interrupted final at Roland Garros.

Instead of focusing on how close he was to winning a record seventh French Open, Nadal grew increasingly wary of the other possible outcome: A loss in a fourth consecutive Grand Slam final against Djokovic, who was trying to become the first man since 1969 to collect four straight major titles.

When play was halted by showers on Sunday, Nadal was clinging to a shrinking lead. It wasn't until a few minutes be-

## Quoted



"He's definitely (the) best player in history ... on this surface."

French Open runner-up Novak Djokovic, speaking of Rafael Nadal's dominance on clay.

fore setting foot back on Court Philippe Chatrier, his favourite arena at his favourite tournament on his favourite surface, that Nadal set aside his anxiety.

Oh, did he. The King of Clay overwhelmed the No.1-ranked Djokovic for the 50 minutes and nine games they played Monday, wrapping up a 6-4, 6-3,

2-6, 7-5 victory that allowed Nadal to earn French Open trophy No. 7, breaking a tie with Bjorn Borg.

"You never know if you're going to win another one," said the second-ranked Nadal, who now owns 11 Grand Slam titles. "I don't know if I am the best or not," he added. "I am not the right one to say that."

Djokovic, for his part, had zero doubts. He worked his way back into the match with an eight-game run when it was pouring Sunday, but otherwise was outplayed.

"Results are showing that he's one of the best ever," said Djokovic, who had his 27-match Grand Slam winning streak ended. **THE ASSOCIATED PRESS**

4

## SPORTS

## MLB

"I want a ball called a ball and a strike called a strike. Figure out how to do it."

Boston Red Sox manager Bobby Valentine, who was still steamed about umpiring on Tuesday, a day after being ejected, and said technology should be used to eliminate human error in calling balls and strikes.

## MLB

## Jays lose Morrow in loss to Nats

Adam LaRoche hit a two-run homer and Edwin Jackson pitched eight strong innings Monday as the Washington Nationals defeated the Toronto Blue Jays 6-3. The night started off on the wrong foot for the Jays, who lost starter Brandon Morrow after just nine pitches in the first inning with a strained left oblique. He's listed as day-to-day.

**THE CANADIAN PRESS**

## On the web



**Majority owner Michael Heisley has been trying to sell his Memphis Grizzlies for years to just the right person, and the Illinois billionaire finally found his buyer. Heisley said Monday he has an agreement to sell the team to Robert J. Pera, a 34-year-old billionaire from California. Scan the code for the story.**



# Roller-coaster playoff ride for Bosh

**NBA.** Heat forward's emotional post-season could end with title

Chris Bosh has watched the birth of his son, collapsed to the court in agony with a strained abdominal muscle, seen his team sputter many times during nine games without him, then dealt with the death of a masseuse who was stricken at his home.

And all since this Miami Heat playoff run began.

"I think about those things every day," Bosh said.

His run of emotional ebbs and flows in recent weeks is on the upswing again. He's returning to the NBA finals, and if the Heat are going to win it this time, Bosh likely will have to play a major role when they take on the Oklahoma City Thunder starting on Tuesday night.

His importance is unquestioned, at least by the Heat.

Where he exactly fits in the rotation these days, that's still in some doubt. Bosh says it's "irrelevant" as long as he's getting minutes.

He didn't start any of the



Miami Heat forward Chris Bosh is interviewed during practice on Monday in Oklahoma City. Game 1 of the NBA finals between the Heat and the Oklahoma City Thunder is scheduled for Tuesday. SUE OGROCKI/THE ASSOCIATED PRESS

three games he played in the Eastern Conference finals against the Boston Celtics. But with the series — and the entirety of a championship-or-bust season — on the line in the fourth quarter of Game 7, Bosh hit perhaps the most important shot of all, a three-

pointer that helped kickstart what became a 20-6 run to end the game.

Bosh may be viewed as the third wheel of Miami's Big Three by those on the outside. Within the Heat locker room, maybe no other player is more valued, especially by the

other two sides of the superstar Heat triangle, LeBron James and Dwyane Wade.

"Chris is big," James said after Game 7.

"Huge," Wade added. "Game ball automatically goes to him," James continued. "Without his produc-

tion tonight, we don't win.... We haven't had that type of activity, that firepower off the bench, since we got here. It's unique. It's very unique that C.B. is coming off the bench, but it may be something great for us."

THE ASSOCIATED PRESS

## Guarding the Thunder

### Heat wary of Westbrook

The Miami Heat know there's another all-star point guard standing between them and the championship after surviving a steady threat of Rajon Rondo triple-doubles to reach the NBA finals.

Russell Westbrook poses a different kind of triple threat with his blazing speed, defensive intensity and often deadly shooting. He brings the Oklahoma City Thunder into the finals playing some of the best basketball of his young career.

Heat guard Dwyane Wade said Monday he considers Westbrook "the most athletic guy in the NBA for what he does." Wade will share responsibilities in guarding Westbrook when the series starts with Game 1 on Tuesday night in Oklahoma City.

THE ASSOCIATED PRESS

## Tennis

### Raonic opens tournament with 19 aces in victory

Canadian Milos Raonic defeated Philipp Petzschner 7-5, 7-6 (1) in his opening match at the Gerry Weber Open on Monday.

Raonic, the No. 5 seed from Thornhill, Ont., served 19 aces in the straight-sets victory over the German, who made it to the final of the 2011 event. Raonic will next play Ze Zhang of China, who overcame another German, Tobias Kamke, 6-4, 7-6 (2).

Philipp Kohlschreiber began his title defence at the grass-court tournament with a win over wild card Dustin Brown in an all-German matchup.

The 163rd-ranked Brown twice pushed Kohlschreiber to a tiebreak, before the eighth-seeded defending champion won 7-6 (4), 7-6 (4) in one hour 23 minutes.

The 28-year-old Kohlschreiber will face Lukas Kubot after the Pole beat Jarkko Nieminen of Finland 6-4, 6-4.

Rafael Nadal, who won his record seventh French Open title earlier Monday, and five-time winner Roger Federer both have byes to the second round.

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# Canada focused on next opponent

After Canada's men's soccer team overcame the scorching heat and spotty pitch to upset Cuba on foreign soil last Friday, coach Stephen Hart allowed his players a brief time to revel in the result.

Then they promptly filed those feelings away.

Canada hosts Honduras on Tuesday in the second game of the third round of CONCACAF World Cup qualifying. Another victory would give Canada six points and some considerable breathing room heading into a two-month break.

"(I told them) the usual stuff: Enjoy the moment for a couple of hours and then understand that you've achieved nothing, we've achieved nothing," Hart said after practice Monday at BMO Field in Toronto.

The 77th-ranked Canadians defeated Cuba 1-0 on Friday, while No. 46 Panama defeated 55th-ranked Honduras 2-0 in the other game in the group.

After Tuesday's matchup, the national side, gunning to make its first World Cup appearance since 1986, takes a break before picking up World Cup qualifying again in September.



Stephen Hart GETTY IMAGES FILE

"It's going to be massive for us. We don't want to go into the next two months with any regrets of what could have been if we'd won maximum points," said David Edgar, whose well-placed cross led to Olivier Ocean's goal versus Cuba.

The Canadians played through soaring heat on Friday that left Hart joking that he just hoped his players "didn't die." They also played a man short after keeper Lars Hirschfeld was shown a red card for handling the ball out-side of the box.

Milan Borjan played well

## Quoted

**"OK, it's a home game, but I think Honduras has too much experience to be desperate."**

Canada head coach Stephen Hart on the mindset of Honduras following a loss.

as Hirschfeld's replacement, immediately facing a dangerous free kick.

"It was difficult because I didn't warm up or anything, it was a tough situation to come in on, winning 1-0, a free kick on the 18-yard box," Borjan said. "But the guys gave me the confidence, the coaches they gave me confidence, so it was good."

He'll be Canada's goalkeeper against Honduras while Hirschfeld serves a one-game suspension.

Hart said he has faith in whichever Canadian keeper he has in net, saying there's little difference between the two.

"New goalkeeper, different name," Hart said. "Other than that, the players wouldn't be picked if I didn't think they could do the job."

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## Co-host triumphs. Shevchenko scores two as Ukraine beats Sweden

Andriy Shevchenko made his coach look brilliant, scoring two great headers Monday to give Ukraine a 2-1 win over Sweden at the European Championship.

After Zlatan Ibrahimovic had given Sweden the lead in the 52nd minute, Shevchenko responded by heading in the equalizer just three minutes later and then added the winner in the 61st.

The victory gives Ukraine a serious chance of advancing from Group D after England and France drew 1-1, while Sweden faces an uphill battle to remain in the tournament.



Oleh Husyev of Ukraine, right, and Olof Mellberg of Sweden vie for the ball during a Euro 2012 Group D match on Monday in Kyiv.

LAURENCE GRIFFITHS/GETTY IMAGES

### Group D

2

Ukraine

1

Sweden

Shevchenko is already a national icon in Ukraine and carried the hopes of the team going into the tournament. In front of a sea of yellow and blue in the packed Olympic Stadium, he certainly didn't disappoint. He rewarded the faith coach Oleg Blokhin showed in the veteran.

Showing flashes of the scorer's instinct that once made him one of the world's top strikers, Shevchenko beat Olof Mellberg to a cross for his first goal and then met a corner to head the ball inside the near post for the second.

That set off shouts of "Sheva" that may reverberate throughout the nation for a long time.

Shevchenko was given a well-deserved standing ovation as he was taken off in the 81st minute.

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## Turf trouble. Spain considers protest to UEFA over stadium grass

Spain was considering filing an official protest to UEFA over the state of the pitch at Gdansk's PGE Arena in Poland after Italy's refusal to consent to extra watering left it dry for their opening Euro 2012 game.

Spain coach Vicente del Bosque as well as players Andres Iniesta, Xavi Hernandez and Cesc Fabregas all complained about the turf following Sunday's 1-1 Group C draw, which affected the defending champions' passing game.

Spain's bid may come too late, however, as UEFA rules say any protests lodged during the tournament "must be

### Rule book

12

UEFA rules state that any protests lodged during the tournament "must be presented in writing ... within a maximum of 12 hours of the end of the match."

presented in writing ... within a maximum of 12 hours of the end of the match."

Otherwise, captain Iker Casillas would have had to make an official protest in the presence of Italy captain Gianluigi Buffon during the match.

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### No change

## Russia coach pledges more of the same

Don't expect any major changes to Russia's lineup or attacking style of play when the team takes on Poland at Euro 2012.

The Russians beat the Czech Republic 4-1 in their opening Group A match, and they will next face the

co-hosts on Tuesday.

"There's not much reason to make big changes," Russia coach Dick Advocaat said Monday.

The way the Russia forwards cut through the Czech defence on Friday elevated Advocaat's team to the ranks of tournament favourites, and the Dutch coach knows a win against Poland would guarantee a quarter-final place with a match to spare.

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Joleon Lescott of England heads the ball past Hugo Lloris of France during a Euro 2012 Group D match on Monday in Donetsk, Ukraine. IAN WALTON/GETTY IMAGES

# France and England trade goals in draw

## Rivals deadlocked

1-1. France winless at a major tournament since 2006 World Cup

England held on for a 1-1 draw with France on Monday at the European Championship, giving the Group D favourites one point each.

Joleon Lescott put England in the lead with a header in the 30th minute, and Samir Nasri levelled for France shortly before halftime with a strike into the bottom corner.

The draw means France has still not won a match at a major tournament since the 2006 World Cup. The national team, however, is unbeaten in its last

22 matches.

"I think we have to be happy with that," France coach Laurent Blanc said. "We were too timid at the start ... and then we got better actually after we conceded the goal."

England took the lead when captain Steven Gerrard curled in a free kick from the right after Patrice Evra had fouled James Milner, and Lescott was able to nod the ball past France goalkeeper Hugo Lloris.

France's equalizer was all about one-touch football as Florent Malouda, Evra and Franck Ribery flicked the ball around the left side of England's penalty area to free up space for Nasri, who put in a low shot before England goalkeeper Joe Hart could react.

After running away in

### Men down

England's injury curse extends to the coaching staff at Euro 2012.

Roy Hodgson has already lost four members of the squad to tournament-ending injuries and now goalkeeping coach Ray Clemence is going home for surgery.

Clemence snapped an Achilles' tendon while warming up the 'keepers before England's

1-1 draw against France on Monday.

Hodgson says "the hoodoo with injuries continues.... He's in an awful lot of pain and has to go back to England."

Midfielders Gareth Barry and Frank Lampard, defender Gary Cahill, and goalkeeper John Ruddy have been forced out of Euro 2012 with injuries.

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celebration, television replays showed Nasri had shouted "Ferme ta geule," or "Shut your mouth," as he looked in the direction of the England bench. He then brought his finger to his lips as if to tell

someone to hush.

The gesture was aimed as a French journalist from sports daily L'Equipe, who had questioned his form in an article the day before the match.

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## French let victory slip away

Wilting in the heat and technically inferior to the French, England escaped with a draw from their first Euro 2012 opener.

And France, with the flair and guile England lacked for most of the match, will be ruing a missed opportunity.

"The side that played the most football was France," France coach Laurent Blanc said.

That was borne out in the statistics.

While the French completed 634 passes, their opponents managed just 307 while having less than 40 per cent of possession in what was largely a containment exercise by Roy Hodgson's side.

France defender Patrice Evra compared England's defensive tactics with Chelsea's in the Champions League last

season. But they succeeded for the London club, which dispatched Barcelona and then overcame Bayern Munich to lift the European Cup last month.

"We are frustrated," Evra said. "I think we played much better. In the end it was a draw and we are a little bit frustrated. At times it was like there were 15 bodies on the field."

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James Milner of England clashes with Franck Ribery of France during their match on Monday.

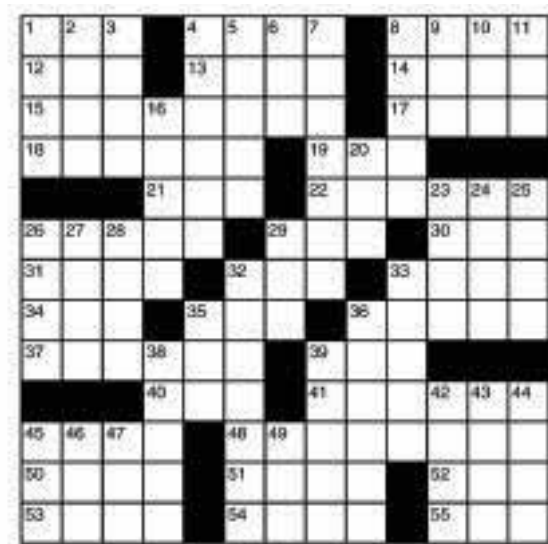
LARS BARON/GETTY IMAGES

## Crossword

## Across

- 1 Possessed  
4 Charitable donations  
8 Earth  
12 Exist  
13 Throb  
14 Busy with  
15 Tongue  
17 Leftovers  
18 Prey on the mind  
19 Prior night  
21 Lepidopterist's prop  
22 Duration  
26 For all to hear  
29 Whammy  
30 "7 Faces of Dr. —"  
31 Conks on the noggin  
32 Blackguard  
33 Hamilton foe  
34 Scratch (out)  
35 Vagrant  
36 Majorette's staff  
37 Hang around  
39 Chap  
40 Peculiar  
41 Ducked a big wedding  
45 Fly high  
48 Dull, tedious portion of a book  
50 Overly proper one  
51 Falco of "The Sopranos"  
52 Paid player

- 53 Competent  
54 Burpee buy  
55 Bribe
- Down**  
1 Head light  
2 Speedy steed  
3 Hideaways  
4 Mistreated  
5 Minimum  
6 Periodical, for short  
7 Pittsburgh athlete  
8 Vamp  
9 Inseparable  
10 "— Impossible"  
11 Realtor's offering  
16 Category  
20 Annoy  
23 Fill till full  
24 Tahitian dish  
25 Trumpet  
26 First victim  
27 Trickster god  
28 Tournament format  
29 Drone  
32 Spoils  
33 Sluggish body of water  
35 Cot  
36 Distended  
38 Overeat  
39 Aladdin's ally



- 42 Energizes, with "up"  
43 Modern-day money  
44 Let fall  
45 Resort

- 46 Scepter topper  
47 Be below par  
49 Honor in verse

## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku

4	9	8	7	2	6	1	5	3
5	7	3	4	1	8	9	6	2
6	1	2	3	9	5	7	4	8
7	3	6	9	5	1	8	2	4
8	4	9	6	3	2	5	1	7
2	5	1	8	7	4	3	9	6
3	6	7	1	4	9	2	8	5
1	2	4	5	8	3	6	7	9
9	8	5	2	6	7	4	3	1

## Yesterday's Crossword



## Cryptoquip

## How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

E YWEQHZMKWLQHS ZUZZQKH  
OUAP QH E TKKCQHS  
EWUE LQSOM YU TEAAUP M  
OU CQMTUOH MOQHC  
Yesterday's Cryptoquip: WHEN WILD ANIMALS  
ARE VERY MANNERLY, SHOULD YOU SAY  
THEY'RE ON THEIR BEAST BEHAVIOR?  
Today's Cryptoquip Clue: Z equals S



For today's crossword answers and for expanded horoscopes, go to metronews.ca

## Weather

## TUESDAY



MAX: 18°  
MIN: 4°

## WEDNESDAY

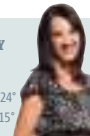


MAX: 24°  
MIN: 15°

## THURSDAY



MAX: 24°  
MIN: 15°



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## Horoscope

## ♈ Aries | March 21 - April 20.

The planets warn that if you are not careful you could spend a fortune today.

## ♉ Taurus | April 21 - May 21.

Write your goals down on a piece of paper and look at them at odd moments throughout the day.

## ♊ Gemini | May 22 - June 20.

Friends and work colleagues alike are relying on you to take the lead and show them the way, so push personal worries to the back of your mind and do what you can to assist them. You'll be assisting yourself too.

## ♋ Cancer | June 21 - July 22.

Others may bend the rules and get away with it but you must not allow yourself to be so tempted.

## ♌ Leo | July 23 - Aug. 22.

Follow your dreams wherever they may lead

you, no matter how far that may be from where you are now.

## ♍ Virgo | Aug. 23 - Sept. 22.

It's quite possible that you will come into money over the next day or two, but if you do it's unlikely that you will hold on to it for long. There are just so many beautiful things you want to possess.

## ♎ Libra | Sept. 23 - Oct. 22.

Your rivals may seem confident but the fact is they are as scared of you as you are of them — maybe more so. Challenge them directly today and don't be surprised if they back down and let you win.

## ♏ Scorpio | Oct. 23 - Nov. 21.

Reach out to other people and help them feel good about themselves.

## ♐ Sagittarius | Nov. 22 - Dec. 21.

The problem you face today will

require a certain amount of abstract thinking if you are going to solve it successfully.

## ♑ Capricorn | Dec. 22 - Jan 20.

Loved ones will forgive you almost anything today — if you say sorry and if your regret sounds genuine.

## ♒ Aquarius | Jan. 21 - Feb 18.

Resist the urge to criticize other people, both in your private life and in your working environment. In fact, go out of your way to give them your support, even if you don't think they deserve it.

## ♓ Pisces | Feb. 19 - March 20.

Discussions of all kinds will go well today, especially if you give those you deal with the impression that you are as eager for them to do well as you are to do well yourself.

SALLY BROMPTON



## Caption Contest

"My mom says if I want to be cute I otter smile more."

Kassia & Jessica

MARK M. GASKILL/DETROIT ZOO/THE ASSOCIATED PRESS

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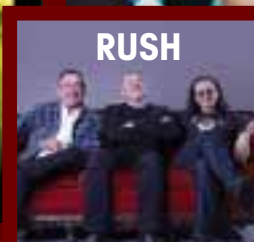
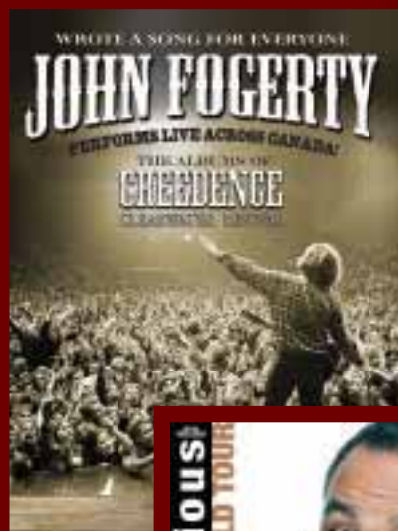
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